



4 EASY EGG RECIPES FOR BUSY DAYS

BY ASPER FAMILY FARM

MEET YOUR FARMERS



Aaron and Julia Asper

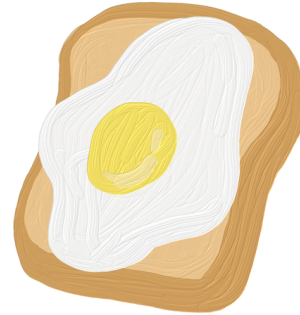
Are you so busy caring for others that you really need to make the effort to take care of yourself? Using nutrient dense foods like pastured eggs can make it easy--you don't need as much to hit your nutrition goals and because they are so hearty, it takes less time and product to fill you up so you have the energy to give to others your best, while taking care of yourself!

For the past 10 years, we have been working on growing more nutrient dense foods like eggs, chicken, and now pork, too, for our family of seven. We have seen the benefits to our family's health and enjoyment of meals, and we are now expanding to have more delicious, real food available for you, too!

EGG- IN-A-HOLE

Carb + Protein + Fat = Robust energy to keep you going

Serving Ideas: Use an egg-in-a-hole for breakfast or lunch. Children enjoy this too and it's easy to clean-up. Add a garnish of microgreens or sip on a smoothie to add more color to your plate, which means more nutrients in your meal!



Ingredients

1 Asper's Pastured Egg


1 Slice Happy Cow Grass-Fed Butter

1 Slice Bread

Directions

- 1 Warm skillet to medium heat and add butter. Melt.
- 2 Cut a hole in bread with a small cup (about 1.5 in diameter). Put bread in skillet.
- 3 Crack egg into hole.
- 4 Once the egg white at the bottom of the hole is solid and fully white, slide a spatula under the bread and smoothly flip it.
- 5 Continue cooking until the white does not jiggle, but the yolk still moves if you tap it lightly with a spoon. If you're unsure, just tap through the egg to make sure there is no white liquid. You'll get the hang of it. Remove from skillet. Enjoy!

DIPPY EGGS

A tasty way to enjoy rich, pasture-raised omegas, Pennsylvania Dutch  style...Aaron prefers adding salt and pepper then using a clear lid while cooking eggs to look for the whites to go solid without flipping, so you're less likely to break the yolk. You can try that way, too!

Ingredients

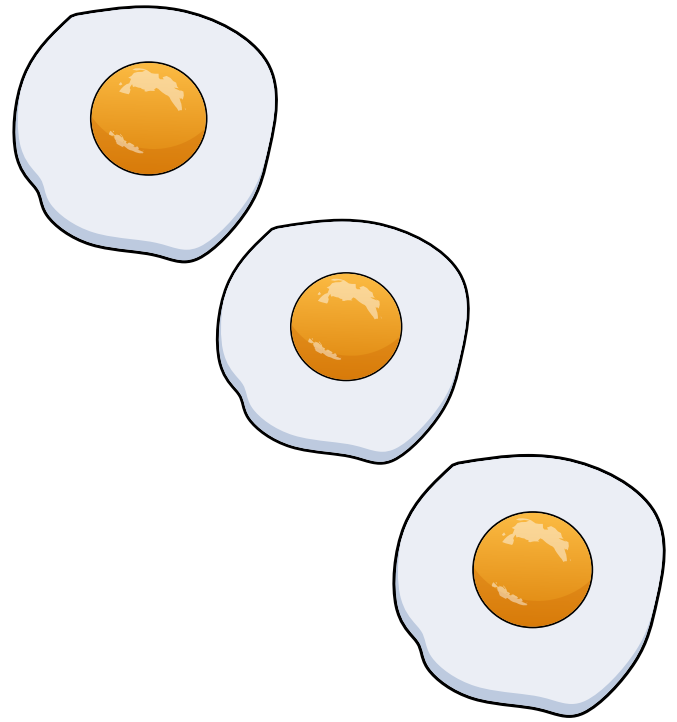
2-4 Asper's Pastured Eggs

1 thick slice Happy Cow

**Grass-fed butter or
pastured bacon fat/lard**



Serving Ideas: Add some delicious toast for dipping into the eggs. Add a slice of sausage for even more protein for a hardworker. Or to feel lighter, add a simple side of fresh in season fruit like strawberries in spring or peaches in summer.

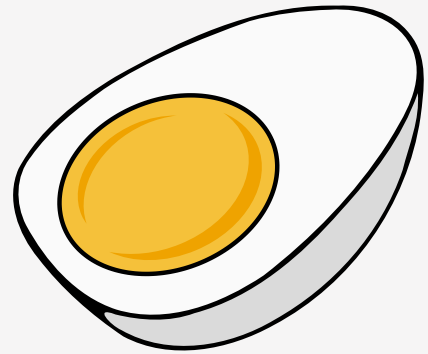


Directions

- 1 Warm skillet to medium heat. Melt butter or pastured bacon fat in skillet.
- 2 Crack eggs into skillet. Do not overcrowd.
- 3 Cook until the egg bottom is solid and white. Do not let the bottom of the yolk get too firm.
- 4 Flip with spatula. Cook briefly until the egg white is solid and firm. Do not let the yolk harden too much.
- 5 Tip: For those that do not like more runny yolk, cook slightly longer or you can chop into pieces to make a quick scrambled egg.

SOFT BOILED EGGS

Easy snack with the perfect tasting yolk for a midday pick-me-up. You can tweak the time to vary from a jammy yolk to a solid orange yet still tasty yolk



Directions

- 1 Bring a pot with enough water to cover eggs to boil. If your eggs are refrigerated, take them out. You can do it right before cooking.
- 2 Once boiling, add eggs with a spoon into the water. If you put them in a clockwise order, you'll know which went in first. Turn off the heat. Cover with a lid. Keep on burner.
- 3 For eggs that haven't been refrigerated, let sit 10 minutes in hot, covered water. Eggs that were refrigerated may take around 12 min.
- 4 Remove from water with a slotted spoon. Let eggs cool in cold water.
- 5 Crack egg in shell in half with a sharp knife. You can eat it right out the shell. Or peel the cooled egg and take with you for a snack.

Ingredients

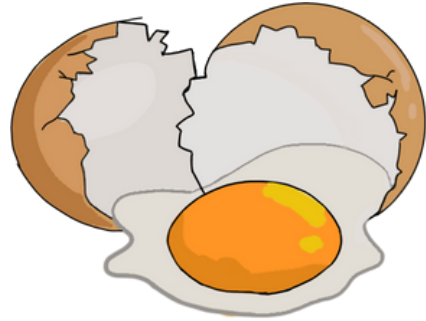
2 to 8 Asper's Pastured Eggs

Serving Tips: You can keep in the fridge to chill, then peel and pack in a glass container or plastic baggie for a snack. For a power packed lunch, chop up to add to a salad for a boost of protein with some sunflower seeds. In spring, add some in season veggies like carrots, and in summer, add fresh tomatoes and cucumbers.



SCRAMBLED EGGS—JUST RIGHT

How to scramble them so they aren't too dry



Serving Ideas: Scrambled eggs go great with oatmeal, grits, or toast and jam for a quick yummy breakfast. Add some shredded cheese and bacon crumbles to bump up the protein even more! They taste best served immediately and warm.

Ingredients

3 to 6 Asper's Pastured Eggs

2 Tablespoons Non-Homogenized

Happy Cow Milk

1 tablespoon Grass-fed Happy

Cow butter

Salt

Pepper

Directions

- 1 Warm skillet to medium heat. Melt butter and coat skillet.
- 2 Crack eggs in a bowl and whisk them to a consistent structure.
- 3 Add the milk to the eggs and whisk a little bit more.
- 4 Pour egg mixture in skillet. Let bottom set, Do not disturb while it sets, but do not let it brown.
- 5 Gently give a single stir, then let it set. Then, repeat pattern until the white is not moving. Then, remove to a plate. Wait until the end to add salt and pepper, not before.

LOOKING FOR REAL FOOD?

If you're looking for a real farmer to supply you with nourishing, delicious eggs and more for your meals, please contact us at Asper Family Farm! We know more people are wanting protein free from soy and genetically modified organisms, and we have that here for your best health.

We sell at the Hartsville Downtown Farmer's Market, Mighty Oak Market, and even right from our farm, so find the option easiest for you!

Asper Family Farm
2016 Bobby's Lane, Hartsville, SC 29550
843-861-6519
asperfamilyfarm.com
info@asperfamilyfarm.com



ASPER FAMILY FARM

asperfamilyfarm.com